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Calgary metro

Your essential daily news | TUESDAY, MAY 9, 2017

High 18°C/Low 6°C Partly cloudy

BREAK-UP BOOTCAMP
A safe haven for the recently brokenhearted
metroLIFE

Ved Ran is nearly four years into his recovery from opiate and fentanyl addiction.
ELIZABETH CAMERON/FOR METRO

UNWELCOME AID

Recovering addict tries to calm fears over plan to turn his home into treatment centre metroNEWS

Bank belonged here: Nenshi

INFRASTRUCTURE

Mayor says feds handicapping themselves by picking Toronto

Brodie Thomas
Metro | Calgary

Mayor Naheed Nenshi said the world is watching Canada's plans to create an infrastructure bank — and the decision to put it in Toronto has hurt the bank's chances of being successful.

"Calgary's financial services sector — precisely because it's not tied to Toronto or New York that closely — has a huge history of being innovative in creating new financing structures," said Nenshi. "It's a real shame the Canada infrastructure bank is missing out on that."

The infrastructure bank will lend money at low interest rates to municipalities and provinces to build infrastructure. It would raise those funds by attracting private investments, too.

Nenshi and many industry leaders in the city had been lobbying heavily to have the federal government base it here.

Mary Moran, president and CEO of Calgary Economic Development, said 80 industry leaders from across Alberta wrote letters of support for Calgary's bid to host the bank.

"We demonstrated how this community pulls together, and frankly they should take note of that kind of spirit and collaboration that takes place in a community like this," she said. "You'd have to go a long way to find that in Toronto."

Nenshi questioned the information that went into the decision. He said a private firm was supposed to be looking at the various cities vying for the bank.

"I don't know anyone in Calgary who this firm actually contacted," said Nenshi. "So if the government was interested in an evidence-based decision, how can they get enough evidence without talking to people in Calgary?"

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metro NEWS

Your essential daily news

More troops, sandbags headed to flooded areas of Quebec, Ontario. **Canada**

IN BRIEF

Saretzky pleads not guilty
A man accused in the deaths of three people in southwestern Alberta, including a two-year-old girl and her father, has pleaded not guilty. Derek Saretzky, 24, was formally arraigned in a Lethbridge courtroom Monday before a lengthy pre-trial hearing which is under a publication ban. Saretzky is accused of killing Terry Blanchette, who was 27, his daughter Hailey Dunbar-Blanchette, and 69-year-old Hanne Meketech. The trial begins June 5. THE CANADIAN PRESS

Nenshi legal bills detailed
Expect to hear details about the mayor's legal bill "soon." During city council's question period Monday, Coun. Sean Chu said he's had phone calls, emails and interactions with the public, who are all wondering what's happened with Mayor Naheed Nenshi's legal fees in the settled Calvin Wenzel defamation suit. The news about his worship's $300,000 lawsuit came nearly a year ago. The mayor pledged to pay back the tab, initially picked up by the city, through fundraising. HELEN PIKE/METRO

Hit-and-run suspects sought
Police are searching for suspects following a hit and run in downtown Calgary on Monday afternoon. The incident occurred in the intersection of 9 Avenue and 4 Street S.W. at 1 p.m. The victims were hospitalized with minor injuries. LUCIE EDWARDSON/METRO

Calgary-made blood pump could save lives

TECHNOLOGY

Elsius Ecmo takes over heart and lung functions

Aaron Chatha
Metro | Calgary

The portable Elsius blood pump could save three to five times more lives than current technology, according to its CEO. CONTRIBUTED

A Calgary startup is hoping to save a lot more lives in emergency situations with their unique blood pump.

Elsius is producing an Ecmo pump, which helps take the load off the heart and lungs. The technology has been used in hospital intensive care units before, but Elsius's pump is portable, meaning trained operators can use it in emergency situations, like for drowning victims or those trapped in an avalanche

Right now, the device is being used in a Vancouver study of 120 patients to determine its practical usefulness in the field.

The U.S. military has also dedicated a unit in the air force to explore whether other Ecmo technology could help.

In simple terms, a tube is inserted into a major vessel, where it draws low-oxygen blood from the body. The blood is then run through the pump and oxygenator. The pump takes over for the heart, while the oxygenator fulfills the same purpose as the lungs, and then returns the blood to the body.

Traditional Ecmo devices can keep people alive for weeks, albeit with risks of blood thinning and infection.

The Elsius Ecmo pump is more designed for the first few minutes, when an emergency responder arrives at the scene.

The technology was actually developed 25 years ago (but bigger and bulkier) to help premature babies, but has been brought to Calgary in its portable iteration by CEO Alessandro Biglioli.

> **There's a lot of expertise in terms of engineering.**
> Alessandro Biglioli

"I feel like there's a lot of money and goodwill from the government to differentiate the economy from the energy sector," said Bilglioli. "Then there's a lot of expertise in terms of engineering."

The start-up recently took the pump to Tokyo Slush, an international pitch contest, where they were the only Canadian company — and ended up taking third place.

Elsius is currently working on studies and trials to prove the pump's effectiveness, as well as raising funds to get production off the ground.

POLICE

Authorities investigate shooting

Lucie Edwardson
Metro | Calgary

Staff Sgt. Steve Lorne said the victims of a "random" drive-by shooting early Monday morning are "traumatized."

Calgary police are now searching for suspects connected to the shooting that took place on the lower deck of the Centre Street Bridge near Memorial Drive on Monday around 1:15 a.m.

Lorne said the victims were stopped at a red light next to a small, dark-coloured car — possibly a Toyota — when they looked over and saw that the people inside the packed vehicle were trying to speak with them with their window rolled down.

The victims kept their window rolled up and did not engage.

Lorne said a few moments later, as the two vehicles were passing, the dark-coloured car shot once at the northbound vehicle, sending a single bullet through the driver's side window and ricocheting off the metal frame of the windshield and out the passenger side—narrowly missing both occupants.

"Luckily, he wasn't hit," he said.

Lorne said the victims are shaken up.

"They're traumatized, and we do have services available to them, but they're definitely traumatized," he said.

Police are now scouring the area for any clues and collecting CCTV footage from the area.

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Martindale residents protest development of greenspace by the Genesis Centre. HELEN PIKE/METRO

Group rallies to save green space

DEVELOPMENT

Piece of land currently used as overflow parking

Helen Pike
Metro | Calgary

Armed with petitions and protest signs, a group calling themselves the Save the Genesis Park Committee took to City Hall on Monday to protest a development proposed for a green piece of land beside the Genesis Centre.

The proposal would see the 1.90 hectares of land turned into a multi-unit development.

The item, which was set for Monday's council meeting was put off until June 12 as requested by Coun. Ray Jones, who said administration would bring more information on the proposal forward.

Sardeep Baidwan, who was with the committee, said the park is part of their community. He said people, as well as the Genesis Centre, use the recreational zone as a green space and for parking. "Basically, we're protesting in front of city hall," Baidwan said. "It's a lack of consultation."

Baidwan said the group is prepared to come back for the next council meeting and have a million questions to ask councillors.

Gurmeet Bhatia wrote a petition against the development that was signed by more than 2,600 residents. She said none of the community's concerns were addressed.

"We have a lack of green spaces, we don't have enough," Bhatia said. "The land adjoins Genesis Centre, which is a social and cultural hub. If the Genesis Centre has to expand in the future there's absolutely no room to do it."

She noted that today the land is used as overflow parking for events at the centre, which means if it gets developed those cars will park on the street.

Coun. Ray Jones said he's not sure where this opposition is coming from, because the city has been consulting with residents on this project for three years. According to him, the city has done its due diligence and held more than 12 meetings, and the community association is on side with the project.

"There is no green space there, let's get that straight right off the bat," said Jones. "It's not a park. It's a gopher-infested field."

Although Jones said the community association was on side with the development, Baidwan noted that not all Martindale residents were asked about the development.

INDIGENOUS WOMEN

Stardale holds first fundraiser

Elizabeth Cameron
For Metro | Calgary

For Calgary non-profit Stardale Women's Group, this Friday will be the first fundraising event they've ever held — despite working with young Indigenous women in need for the past decade.

The group is for Indigenous girls aged 10-17 to hang out and enjoy being kids — in an all-female environment — while learning useful life skills like financial literacy, cyber safety or cooking.

"This is a place for them to feel safe — there's unconditional love for them and they can learn all these great skills," said Stardale's executive director and founder Helen McPhadden.

Two members of the Stardale Women's Group practise their runway walk.
ELIZABETH CAMERON/FOR METRO

The group, who meets once a week, have been practising their runway walks in preparation for the Stardale Charity Gala on Friday where they strut their stuff in clothes from Apt 22 and Cody & Sioux – all in the name of charity.

In addition to a DJ and traditional dancers and drummers, there will be stand up comics and a silent auction at the event, which still has tickets available on Eventbrite.

McPhadden said the girls who were too shy to walk down a runway at first have grown more confident over the weeks they have been practising and "can't wait" for the show.

"You can see it in their face, in their smile — their self-esteem just grows so much," McPhadden said.

Former addict hopes to help

OPIOIDS

Man plans to turn house into residential recovery centre

Elizabeth Cameron
For Metro | Calgary

An angry letter warning Calgary residents their neighbour wants to turn his home into an addiction treatment centre may have had the opposite effect the author intended.

Nearly four years into recovery from a vicious opiate and fentanyl addiction, Ved Ran recently applied to rezone his property in the neighbourhood of Windsor Park so he can fulfill his dream — opening a facility to help others who are recovering from substance use disorder — but some of his neighbours aren't happy about his plans.

An anonymous letter circulated in the neighbourhood on Saturday claiming the centre would 'devalue properties' and bring 'potentially dangerous individuals' into the area.

Ved Ran, his fiancée Sydney, and daughter Violet, pose for a portrait in their home, which they want to turn into an addiction recovery centre. ELIZABETH CAMERON/METRO

"A typical person who has no experience or education around action, their perception of an addict is a criminal, someone who's dangerous, and not worth their time," Ran said, holding his 18-month-old daughter Violet.

"But the truth is addiction doesn't discriminate. Sure, it can involve street-level users, but mostly it's middle-class kids and adults who have a problem and need help."

> **The truth is addiction doesn't discriminate.**
> Ved Ran

Pending city approval, he plans to transform his home into a 10-bed "healing" space where clients will have to pass a drug test before being admitted.

Rosalind Davis, who recently lost her partner Nathan to an opioid addiction that began with a prescription for a herniated disc in his back, happened to receive one of the strongly worded letters and responded in an open letter on Facebook.

"I mostly think you have the perspective you do because of some false assumptions and beliefs," Davis wrote.

"If you had met Nathan, we almost certainly would have gotten along, because everyone liked him. You would have never known he was using drugs."

Davis ended her post with an invitation to go for coffee.

To her surprise, a woman contacted her to not only accept, but apologize for her language.

"I think it's incredibly gracious of her," Davis told Metro. "She still has her concerns about the treatment centre going into this area, so we are going for coffee tonight to talk more about it."

Davis says she believes some people simply don't understand addiction.

"Sometimes it just takes a compassionate conversation to see where they're coming from and why (their) fears exist."

"We make the correlation that drugs are bad and people who use drugs are bad…but that's just not the reality of the situation."

IN BRIEF

Ex-PC organizer to plead not guilty to assault

The lawyer for Alan Hallman says the one-time organizer with Jason Kenney's Progressive Conservative leadership campaign intends to plead not guilty to an assault charge.

Hallman was charged with common assault in March as the Alberta PC party held its leadership convention in Calgary.

Hallman left Kenney's campaign in January after he was suspended from the party for inappropriate social media posts.

THE CANADIAN PRESS

MRU to create scholarship

Mount Royal University's (MRU) nursing program is marking its 50th anniversary – and National Nursing Week – by creating a new annual scholarship.

Their goal is to crowdfund $25,000 and use the interest to create an annual legacy scholarship for a student who displays excellence in academics, demonstrates financial need and demonstrates a true passion for nursing.

ELIZABETH CAMERON/METRO

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Calgary

More help headed to flood-drenched areas

WEATHER

Safety minister says thousands of troops and sandbags ready

Public Safety Minister Ralph Goodale is defending the federal response to flood relief efforts in Ontario and Quebec, saying the Liberals sent troops and resources immediately after hearing provincial pleas for help.

Goodale said the federal government agreed to send military personnel to Quebec "within 30 seconds" of that province asking for help Friday and is now moving 250,000 sandbags into flooded communities around Ottawa after complaints about running out arose on Sunday night.

Goodale said the federal government couldn't send in help on its own — local and provincial officials had to ask first.

That process of responding to a natural disaster will go under review when Goodale meets his provincial and territorial counterparts at the end of the month. Goodale said one jurisdiction or government cannot alone be responsible for responding to a natural disaster.

"These kinds of disasters cannot be pigeon-holed," he said. "It takes a collaborative, all-in kind of approach. That's the best way to protect peoples' lives and livelihoods."

Goodale said every level of government is pulling together to keep people safe in what he describes as a very serious situation.

Some 1,650 members of the military are in, or on their way to flood-ravaged zones of Quebec as part of federal efforts to help communities affected by rising waters.

The minister said the government is reaching out to private sector suppliers to find up to four million sandbags to help protect homes and critical infrastructure. TORSTAR NEWS SERVICE

Residents make their way through the flooded streets of Laval, Que., on Monday. RYAN REMIORZ/THE CANADIAN PRESS

NATIONWIDE

- More than 1,500 soldiers hit the ground Monday to help Quebecers deal with "historic" flooding.
- Searchers said Monday they couldn't find any signs of a 76-year-old man from the B.C. community of Tappen after a mudslide tore through his home Saturday.
- Flood waters in Gatineau, Que., were rising relentlessly and the military was stepping up sandbagging operations in the community.

CRIME

Criminal 'kosher' charge first of its kind

For the first time in Canada, the country's food inspection agency has laid criminal charges against a businessman and his company for allegedly trying to pass off run-of-the-mill food as kosher.

The Canadian Food Inspection Agency has charged Creation Foods and its vice-president, Kefir Sadiklar, with sending cheese falsely described as "kosher" to Jewish summer camps in June 2015. The agency alleges forged documents were created to make it seem like the cheese adhered to Jewish dietary laws. The federal food inspection agency said this is the first case it "has brought before a provincial court related to the misrepresentation of a kosher food product."

Sadiklar, 39, is scheduled to make his next appearance in Newmarket court on May 20.

If convicted, he and Creation could face steep fines and even jail time.

TORSTAR NEWS SERVICE

Sajjan still in hot seat

The Senate defence committee released a report Monday blasting the Trudeau government's "political decision" to purchase Super Hornet fighter jets, while all but endorsing the F-35 stealth fighter.

The report came as the Conservatives used one of their opposition days in the House of Commons to focus speeches on Defence Minister Harjit Sajjan's credibility, a debate which will culminate in a largely symbolic vote on Tuesday. Sajjan, a former reserve soldier and Afghan war veteran, has faced days of verbal fire for exaggerating his role in Operation Medusa, a key battle involving the Canadian Forces. The minister apologized, but the Tories say he also misled Canadians on other issues, such as the urgent need for Super Hornets and cuts to tax benefits for soldiers deployed to Kuwait.

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BRITAIN CHIPPING AWAY AT EU: BANKSY ON BREXIT Street artist Banksy has come up with a commentary on Britain's decision to leave the EU. Banksy has created a large mural in the British port of Dover showing a workman chipping away one of the 12 stars on the EU flag. His representatives Monday confirmed the work is genuine. THE ASSOCIATED PRESS

EUROPE

France's new head of state aims to become presidential

Emmanuel Macron and his wife Brigitte in Paris on Sunday. THE ASSOCIATED PRESS

France's newly elected president has started taking on his new role, working on the attitude expected of a statesman — a new world for a man with little political experience.

Moments after his victory on Sunday, Emmanuel Macron, 39, slowly walked to the stage in the courtyard of the Louvre Museum in Paris, progressively appearing in the light to the sound of the European anthem Ode to Joy – a very symbolic moment before the crowd of supporters roared.

On Monday morning he appeared side-by-side with outgoing president Francois Hollande at a commemoration of the end of World War II.

He campaigned on pro-business and pro-European policies, a risky move when a populist wave recently swept Donald Trump into the White House and led Britain to vote to leave the EU.

In his victory speech, Macron vowed to "rebuild the relationship between Europe and the peoples that make it." He pledged to open a new page for France based on hope. In his political rallies, he encouraged supporters to wave both the French tricolour and the European Union flags, and asked them not to boo his rivals, rather fight their ideas.

Macron did not campaign alone: His wife was never far away. Brigitte Macron, 24 years his senior, is his closest adviser.

THE ASSOCIATED PRESS

Travel ban gets another day in court

APPEALS COURT

Federal judges debate Trump's comments

A challenge to President Donald Trump's revised travel ban appears to hinge on whether a U.S. federal appeals court agrees that the Republican's past anti-Muslim statements can be used against him.

The 4th U.S. Circuit Court of Appeals wrestled Monday with whether the court should look beyond the text of the executive order to comments made by Trump and his aides on the campaign trail and after his election in order to determine whether the policy illegally targets Muslims.

> **The order is completely unprecedented in our nation's history.**
> Omar Jadwat

The panel of 13 judges peppered both sides with tough questions but gave few clues as to how they might rule. The judges did not immediately issue a decision on Monday.

A federal judge in Maryland who blocked the travel ban in March cited Trump's comments as evidence that the executive order is a realization of Trump's repeated promise to bar Muslims from entering the country.

The administration argues that the court shouldn't question the president's national security decisions based on campaign promises.

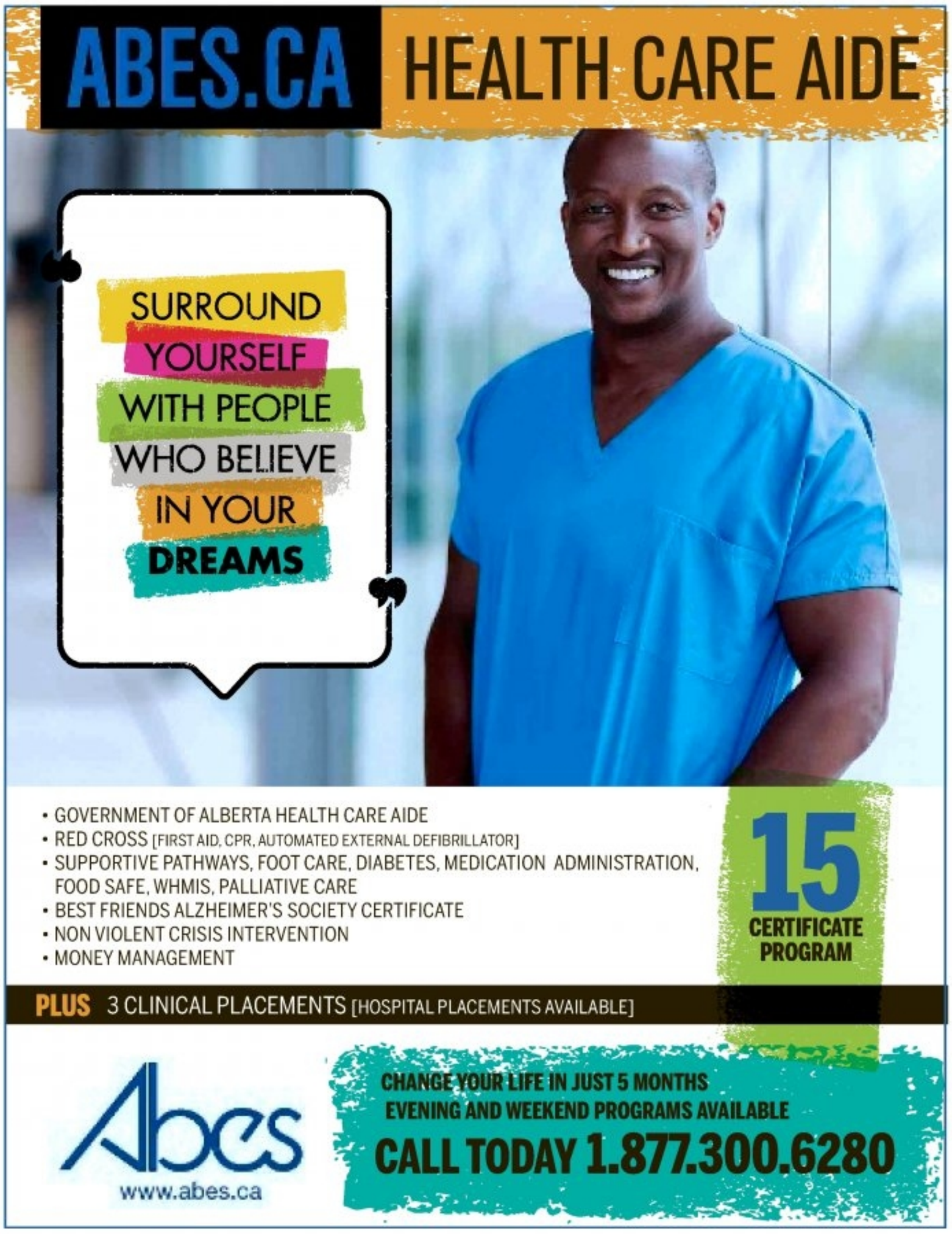
"This is not a Muslim ban. Its text doesn't have to anything to do with religion," Acting Solicitor General Jeffrey B. Wall told the appeals court.

The countries were chosen because they present terrorism risks and the ban applies to everyone in those countries regardless of religion, Wall said. Further, the banned countries represent a small fraction of the world's Muslim-majority nations, lawyers for the administration say in court documents.

Omar Jadwat, an attorney for the American Civil Liberties Union, noted that Trump's call for a "total and complete shutdown" of Muslims entering the U.S. remained on his campaign website even after he took office. That call, which was still online earlier Monday, appeared to have been taken down by the afternoon hearing.

"The order is completely unprecedented in our nation's history," Jadwat said.

TORSTAR NEWS SERVICE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PHILOSOPHER CAT by Jason Logan

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A 'bunch' of solutions

We've all been there. The bus is late and then three come all bunched together. Internally, we scream: "Why can't they just keep to the schedule?" As it turns out, bus bunching is an incredibly complicated problem that transit agencies around the world spend millions to solve.

There are no easy answers, but here are some promising projects:

STRAIGHT TALK

Chicago spent $9 million to upgrade the technology linking drivers to the transit control centre. The city's 1,800 buses were already equipped with GPS to track location and progress, but now the drivers could speak directly to the command centre if they spotted any issues that would throw a wrench in service.

Outcome: In the first three months of the trial, there was a 40 per cent reduction in big gaps.

ANALYZE THAT

Miami teamed up with IBM to crunch real-time data in the hopes of spotting bottlenecks and other issues. The system tackled nearly 20,000 bus runs on four major routes, looking at bus paths, speed and stops to assess the accuracy of schedules and bunching alerts.

Outcome: The system predicted bunches up to 60 minutes ahead of the problem, so buses could be redirected accordingly.

OLD PROS

Toronto's transit agency deployed some of its spare fleet to relieve pressure on two of its busiest routes, the 29 Dufferin and 512 St. Clair. In addition, the schedule was tweaked to reflect the true time of the cross-town trips, and it hired supervisors to expedite departures from the terminal.

Outcome: Short-turns on the Dufferin bus went from 300 per week to 30 or 40. St. Clair went from about 450/week to fewer than 10.

TOSS THE TIMER

Researchers at Georgia Tech told bus drivers to abandon their schedules and just drive with the flow of traffic. In the experiment, buses got back on track by waiting at selected stops or "control points" based on calculations made once the bus arrived there.

Outcome: Gaps self-corrected and the schedule balanced without need for complex intervention. Drivers added it allowed them to focus on driving.

UNSERVICE

Some researchers have toyed with telling passengers they can't board, even when it's not full, in order to pull away from the stop quicker. Their research papers look like chalkboards in A Beautiful Mind. But try telling someone that they can't board a half-empty bus in -40 C because of math.

Outcome: Metro could not find a city that has widely implemented this policy. Instead, all-door boarding offers similar benefits.

WORD ON THE STREET by Danielle Paradis for Metro

Cities have crucial role to play in truth and reconciliation

More than half of the country's Indigenous population now lives in cities, according to the 2006 census, and the numbers are rising.

As Indigenous people move, their stories must move with them, including the dark ones.

The Truth and Reconciliation Commission uncovered stories of residential school abuses and 6,000 deaths — a history previously unknown to many Canadians.

The TRC made almost 100 calls to action, largely focused on the federal government. But cities can join the effort.

Edmonton Mayor Don Iveson said the "gut-wrenching stories of survivors" he heard at the TRC inspired him to act.

"I knew everything in me had changed, and that our city had to change too," he wrote for the Edmonton City as Museum Project.

As a result, Edmonton has introduced an aboriginal youth leadership initiative and committed to training city staff about residential schools and keeping reconciliation top of mind in their "work as city builders."

More concretely, the TRC called for monuments to be erected in Ottawa and every provincial and territorial capital city.

It's one of the easiest aspects of reconciliation, and it should happen everywhere. Winnipeg and Ottawa have unveiled their monuments. (At the same time Edmonton accidently removed community-made art about reconciliation.)

These don't have to be abstract statues with a dull plaque. In Berlin, Germany, an artist has installed Stolperstein, or stumbling blocks, which bear the names of Holocaust victims right in the streets of the city. In Toronto, programmers at the TIFF movie theatre begin each screening by thanking the Indigenous groups who have laid claim to the land where the theatre sits.

Monuments and gestures like this start to raise awareness of the schools and their multi-generational effect. There is still a lot of work to be done with reconciliation. But it starts with listening, and with sharing.

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PUBLIC WORKS
The week in urbanism

THE MOUTHS OF BABES
A Vancouver park has been renamed Slidey Slides Park after the city opened a naming competition to children. The kids visit the park daily from their daycare centre next door. The winning name beat out tough competition, like Little More Donkeys and Running Star. All submissions were made during story time.

AIRBN-FEE
While some cities grapple with Airbnb, Chicago is harnessing its power. The city charges homeowners using the service a 4 per cent tax , and is putting $1 million raised in the process to help house 100 homeless families.

CITY CHAMP Metro's city builder of the week

Maayan Ziv is a Toronto-based photographer and the founder of the Access Now app, which crowd-sources accessible restaurants, hotels, shops and more in cities across the world.
@maayanziv

URBAN DICTIONARY

DEFINITION
Whether they're tall and skinny posts or short bulky ones, **bollards** block cars from entering areas meant for pedestrians and cyclists. Some are removable, and used for street festivals.

USE IT IN A SENTENCE
"**Bollards**!" exclaimed the British driver when she was blocked from driving through a pedestrian path.

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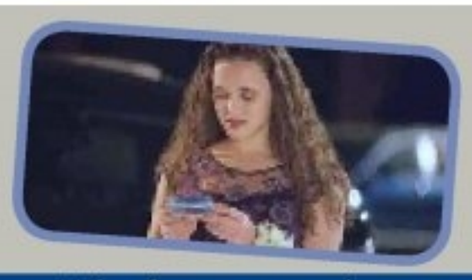

Netflix has renewed its controversial hit show 13 Reasons Why for a second season

RELATIONSHIPS

Workshops and getaways are helping the heartbroken

Megan Haynes
life@metronews.c

The heart is a lonely camper

When her two-year relationship abruptly ended a year ago, Leslie Taylor kept replaying the way things went down in her head. Despite having friends to chat with, she often felt no one understood her pain.

The California-based 33-year-old felt like she'd lost herself in the relationship, which made her feel even more alone.

Depressed and desperate, Taylor was willing to try anything. She hunted online for a getaway to help break the lonely cycle, but found nothing to help her heartbreak.

"I was surprised," says Taylor, who asked her real name not be used out of privacy concerns. "People are breaking up every day — you'd think there'd be a giant market for breakup retreats."

Then she came across Renew, a new two-day bootcamp in upstate New York dedicated to mending broken hearts. Founded by Vancouver native Amy Chan, Renew's first retreat was planned for February 2017. Taylor packed her bags and booked her tickets.

"I was willing to try anything," Taylor says. "The camp was really geared at self-reflection and healing. And it was nice to talk about (my breakup) with people focused on helping me."

Chan conceived of Renew in late 2015 after a sudden breakup five years ago, which left her feeling lost, depressed and even suicidal at times. "I tried everything from psychics to therapy to yoga. I spent $2,000 on a yoga retreat in Mexico, but it still wasn't enough," she says. "You name it, I did it. But there was nothing dedicated to healing from a breakup."

It took Chan two years and a move from Vancouver to New York City to recover from her failed relationship. Now based in N.Y.C., Chan, a marketing professional, saw an opportunity in this underserved niche and launched Renew as a side-business.

She plans to run retreats four times a year increasing the frequency as popularity grows.

Hosted at a luxury farm in upstate New York, the tech-free, $1,600 retreat includes nature hikes, meditation, yoga, gourmet meals and one-on-one therapy sessions with a trained psychologist. But the bigger draw might be the group sessions with trained therapists, where participants talk through their failed relationships, analyzing what went wrong, and how to avoid issues in the future.

Renew is now one of a handful of programs that focuses on healing after a split. Others include The Shortcut to Getting Over a Breakup, a four-day Toronto workshop that is spread over the course of a month and costs $200.

The group nature of these retreats is probably the most beneficial aspect of the healing process, says Susan Valentine, a Toronto-based psychotherapist who specializes in relationships.

But she cautions that group retreats, while a useful tool, can mask some underlying issues. First, of course, after the getaway there's a new sense of isolation. Second, people can go into these experiences thinking they'll be healed in two days, when in reality, there is no quick fix to recovering from a split.

"The most helpful thing — beyond getting away — was hearing other people's stories," says Taylor. "There was something about meeting a stranger who has dealt with (the same thing I had) that was incredibly comforting."

TORSTAR NEWS SERVICE

> **I tried everything from psychics to therapy to yoga. But it still wasn't enough.**
>
> Amy Chan, Renew

HOW TO MEND

If you can't afford to drop $1,600 to attend Renew or another retreat, here are some helpful ways to mend a broken heart from the bootcamps' founders and other heartache experts.

The science

Did you know that when scanned in an MRI, a heartbroken brain looks the same as that of a cocaine addict looking for a fix? It's important to understand what's happening in the brain when you break up because it'll help you be less hard on yourself, says Joana Lopez, a life coach and founder of The Shortcut to Getting Over a Breakup.

Nix the creeping

Stop browsing your ex-partner's Instagram, says Renew's Amy Chan. "It's not loving to yourself when you're stalking your ex," she says. "You know the outcome of it is you're going to feel bad. But you do it anyways because you're addicted." Find a new habit, like taking a walk or reading a book.

Get active

Find a workout buddy, says psychotherapist Susan Valentine. Beyond releasing endorphins, working out is a good way of breaking out of the wallowing pattern people tend to fall into when getting over love.

BEREAVEMENT

Why Prince Harry's confrontation with grief can aid others

It turned Prince Harry's life into "total chaos." Before his brother, Prince William, and others pointed out what possibly ailed him, it gnawed at him. It remained ever present no matter how hard he tried to ignore it — the grief just wasn't going away.

Growing up, it metamorphosed into anger, depression, possibly even stupidity (anybody recall that swastika-armband costume?) . . . and it wasn't until years after his mother's death that the prince finally spoke up about how he really felt about losing her and the consequences of that trauma. After years of even "refusing to ever think" about her, he finally sought counselling for his grief.

Harry's recent comments on Mad World, a U.K. podcast hosted by journalist Bryony Gordon that covers issues of mental health, has illuminated the problem of grief — ignored, it never goes away. You have to talk about it to deal with it, and even when you do, be prepared that it might never just disappear.

Harry's confession, "marks a real shift in public understandings of grief and mental health," says Julia Cooper, the Toronto author of The Last Word: Reviving the Dying Art of Eulogy, a book examining eulogies, celebrity, grief and the author's own personal experiences of loss.

"That Harry isn't done with his grief might come as a comfort to those who feel like they should be finished grieving, but just can't shake it," says Cooper.

Harry's revelation of having been affected shows us, mere mortals, that even for those who are privileged, "grief is never over, and there is some solace in hearing that there's nothing wrong with that."

This might not be great news for those of us who believe in the five-stages-of-grief model by Dr. Elizabeth Kübler-Ross. This model published in her book On Death and Dying describes the stages as: 1. Denial and Isolation; 2. Anger; 3; Bargaining; 4. Depression; and 5. Acceptance. This model suggests that there's a neat order to grief and that it's possible to get over it.

But as Cooper points out, "(Kübler-Ross's book) has been grossly misread, and she spent the rest of her career trying to explain the nuances of death to a reading public more interested in finding a quick fix for grief."

Cooper says the "five stages were only the first few chapters of a much longer, and quite thoughtful study of grief, which doesn't try to paint over the ugliness of mourning."

During his interview, Harry stressed that talking about grief — and mental-health issues — is just the beginning. He has taken up boxing to deal with anger, he took on mental-health causes — among them, helping vets with PTSD — and he drew solace from that, too. TORSTAR NEWS SERVICE

Prince Harry ISTOCK/CONTRIBUTED

'Huge improvement' on opioids

DRUG CRISIS

New guidelines aim to curb use as first-line treatment

> **When you go on long-term opioid therapy, you will inevitably develop physical dependence.**
> Dr. Jason Busse

Updated opioid-prescribing guidelines released Monday encourage doctors to avoid giving the powerful narcotics as a first-line treatment to patients with chronic, non-cancer pain and instead try other medications or non-pharmaceutical therapies to prevent a host of potential harms associated with the widely used drugs.

Those harms include physical dependence or addiction, as well as the increasingly common risk of fatal overdoses. An estimated 2,000 Canadians died of opioid overdoses in 2015 alone, and initial 2016 data still being tallied suggest the number of fatalities linked to the drugs — both prescription and illicit — could far exceed that figure.

"It really comes down to the paradox of trying to provide important relief for patients dealing with unrelenting chronic pain while at the same time balancing the risks associated with the medications," said Dr. Jason Busse, a researcher at the National Pain Centre at McMaster University and lead author of the 10-recommendation document.

For patients whose chronic pain is not controlled with non-opioid therapy, the panel of experts that developed the guidelines says dosages of opioids like oxycodone, hydromorphone and the fentanyl patch should be restricted to less than the equivalent of 90 milligrams of morphine per day, and ideally to less than 50 mg.

An estimated 2,000 Canadians died of opioid overdoses in 2015 alone. THE CANADIAN PRESS

Physicians treating patients already taking the equivalent of 90 mg of morphine or more should consider incrementally tapering their daily intake to the lowest effective dose, and even discontinuing the potent medications, the panel recommends.

"Estimates are somewhere between half a million and a million Canadian adults are currently on long-term opioid therapy for chronic pain, often at very high doses," Busse said.

"And when you go on long-term opioid therapy, you will inevitably develop physical dependence. And opioids also become less effective the longer that you take them," leading many patients to seek higher and higher doses to achieve relief so they can function in their daily lives, he said.

The new guideline document, published in the Canadian Medical Association Journal, provides much stronger and more detailed advice than a previous version released in 2010, which suggested doctors could use a "watchful dose" of the equivalent of 200 mg of morphine daily.

"After 2010, there was not the kind of impact on opioid prescribing that I think people were hoping for," Busse said. "There was a little bit of a downtick, but maximum doses of opioid prescribing went up, admissions for hospital-related opioid toxicity went up, and death rates have continued to climb as well."

Moreover, 40 per cent of recipients of long-acting opioids were receiving the equivalent of more than 200 mg of morphine daily, while 20 per cent were getting more than 400 mg.

Dr. Irfan Dhalla, a practising Toronto physician and vice-president of evidence development and standards for Health Quality Ontario, called the new guidelines a "huge improvement."

THE CANADIAN PRESS

ANALYSIS

Therapy length still an issue

Because they focus on chronic pain, these new guidelines cover dose amounts for opioids, but not the length of drug therapy. Emerging scientific evidence shows the number of days for which a person is initially prescribed painkillers for acute pain strongly influences whether they will develop an addiction.

According to the U.S. Centers for Disease Control, with a one-day opioid prescription, your chance of still being on painkillers one year later is six per cent. With a prescription of eight days or more, the odds jump to 13.5 per cent. At 31 days and up, it spikes to 29.9 per cent.

Studies also show that taking home pills post-surgery is a common way people get hooked. A study last month in JAMA Surgery found that six per cent of patients were still using opioids 90 to 180 days after surgery — whether the procedure was a major or minor one. This would make addiction one of the most common complications of surgery. GENNA BUCK/METRO

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Nathan MacKinnon now has five goals in the last two games at the worlds after scoring two in Canada's 6-0 win over Belarus

Caps push wobbly Penguins to Game 7

2017 NHL PLAYOFFS
SERIES TIED 3-3

Crosby banged up again as series shifts to D.C. for finale

Andre Burakovsky scored twice, Nicklas Backstrom got his sixth of the playoffs and the Washington Capitals beat the Pittsburgh Penguins 5-2 on Monday night to force a Game 7 in their taut Eastern Conference semifinal.

John Carlson and T.J. Oshie also scored for the Capitals. Braden Holtby stopped 16 to send the series back to Washington for the deciding game on Wednesday night.

Jake Guentzel picked up his playoff-leading ninth goal and Evgeni Malkin added another 52 seconds later late in the third period to make the score look cosmetically better, but the Penguins were never in it. The Capitals controlled play throughout. Marc-Andre Fleury finished with 21 saves and received little help in front him.

Sidney Crosby was a non-factor for a second straight game after sitting out Game 4 with a concussion. The Pittsburgh superstar took a nasty spill in the first period when he was slammed into the end boards head-first while he tangled with Carlson. He remained in the game but found little room to work.

This will be the fourth time the Penguins and Capitals meet for a Game 7. Pittsburgh has won each of the three previous deciding games, the last in 2009 in Washington on its way to the Stanley Cup.

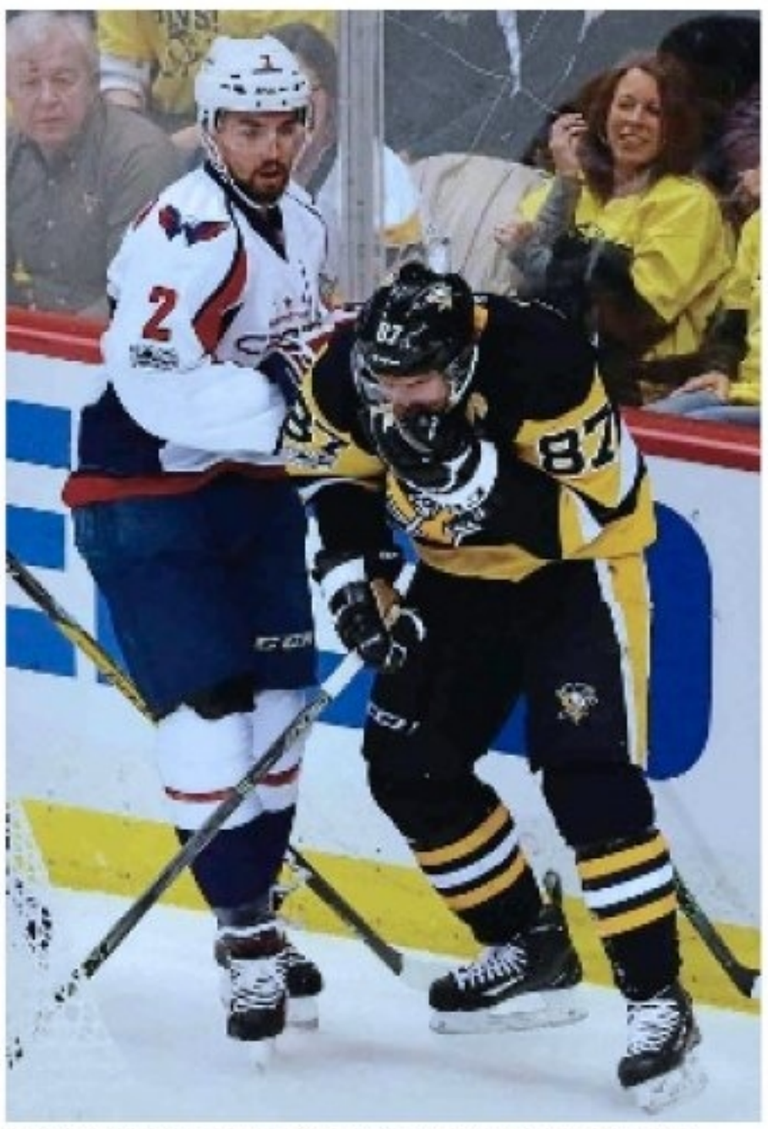
The Capitals appeared on the verge of another unceremonious exit at the hands of the Penguins going into the third period of Game 5. The Presidents' Trophy winners responded with a three-goal barrage over the final 20 minutes to extend their season.

GAME 6 In Pittsburgh

5	2

That momentum carried over two days later and 250 miles northwest on Monday. Washington systematically dismantled the defending Stanley Cup champions, who looked listless as they struggled to generate any kind of sustained pressure despite Pittsburgh coach Mike Sullivan's line tinkering to try to create a spark after Game 5.

THE ASSOCIATED PRESS



Sidney Crosby and Matt Niskanen collide after the Penguins captain took a high stick to the face on Monday. Later in the first period, Crosby crashed head first into the end boards and looked woozy while leaving the ice but ultimately stayed in the game.

GENE J. PUSKAR/THE ASSOCIATED PRESS

WORLD CUP

Three-way 2026 bid set for fast track

An accelerated process to hand North America the 2026 World Cup is set to be approved by soccer leaders this week, with FIFA president Gianni Infantino hoping for a "bulletproof" process to avoid past voting scandals.

The U.S., Canada, and Mexico are seeking an unchallenged path to co-hosting in 2026, if FIFA's technical requirements are met by next year.

There is expected to be no opposition to fast-tracking the plans.

By avoiding a contest, the process should be resistant to the allegations of wrongdoing that have tainted World Cup votes in recent decades.

Under plans announced last month, the United States would stage 60 games, including every fixture from the quarter-finals, while Canada and Mexico would have 10 each.

Despite plans to share the tournament, there is a possibility the U.S. emerges as the solo host — like in 1994 — if its neighbours are considered unsuitable by the FIFA Congress in June 2018. The motion being presented to the congress on Thursday states that the North Americans want the hosting rights if "one or more" of the countries "satisfies the technical bid requirements."

THE ASSOCIATED PRESS

TENNIS

Bouchard ousts Sharapova in Spain

Motivated more than usual, Eugenie Bouchard used her game to send a message to Maria Sharapova by defeating the Russian 7-5, 2-6, 6-4 in a thrilling second-round match at the Madrid Open on Monday.

Bouchard, one of the most outspoken players against Sharapova's return to tennis following a doping ban, jumped up and down after converting her second match point.

It was their first meeting since Bouchard called Sharapova a cheater and said she should have been banned for life from the sport after testing positive for meldonium at last year's Australian Open.

Eugenie Bouchard
GETTY IMAGES

"I definitely had some extra motivation going into today," Bouchard said. "I was actually quite inspired before the match because I had a lot of players coming up to me privately wishing me good luck.... It showed me that most people have my opinion, and they were just maybe scared to speak out." THE ASSOCIATED PRESS

IN BRIEF

Tebow growing more comfortable on diamond

Tim Tebow scored on a walk-off walk and watched his Columbia Fireflies get no-hit a few days later. After his first month in pro baseball, the New York Mets prospect and former Heisman Trophy winner seems to be getting more comfortable on the baseball field.

The outfielder and designated hitter for the Single A South Atlantic League club had four hits during Columbia's 1-4 homestand last week.

THE ASSOCIATED PRESS

Rockets' Nene lost for season with muscle tear

Houston Rockets backup centre Nene has suffered a season-ending muscle tear in his left thigh.

Nene was injured in the first quarter of Houston's 125-104 win over the San Antonio Spurs in the Western Conference semifinals on Sunday night and didn't return.

Game 5 is Tuesday night in San Antonio with the series tied 2-2.

THE ASSOCIATED PRESS

Cubs in search of their A game

MLB

Defending World Series champs third in division

The Chicago Cubs made it look so easy last season it was almost hard to envision the difficulties they are experiencing this year.

Yet here are the defending champions, third in the NL Central after getting swept at home by the AL East-leading New York Yankees in a weekend series that ended with a record-setting marathon. The two teams played 18 innings on Sunday and set a major-league mark by combining for 48 strikeouts.

The Cubs haven't hit the way they would like. They haven't pitched the way they hoped. And at 16-15, they are way off the pace they set a year ago when they jumped out to a 25-6 start and ran away with the division.

Anthony Rizzo is batting just .224 to start the season.

NAM Y. HUH/THE ASSOCIATED PRESS

"It's hard to go 25-6 on an annual basis," manager Joe Maddon said. "I'm with these guys. Conversationally and watching them, (looking) in their eyes — they're engaged. There's no haziness, no fuzziness, no lack of engagement on their part. Teams have played pretty well against us, too."

Even so, it was a bit jarring to see the Cubs looking up ever so slightly at Cincinnati and St. Louis in the division after Sunday's loss, which dropped them to 7-9 at Wrigley Field. Chicago spent all but one day in first place last season on the way to 103 wins and its first championship since 1908.

> **"We've had a good, tough schedule travel-wise and I think we've shown up every day and played.**
>
> Anthony Rizzo

The Cubs can take some comfort in this: there were only three games separating first and last in the NL Central and the 2015 team also got off to a 16-15 start and wound up breaking out with 97 wins and a trip to the NLCS. THE ASSOCIATED PRESS

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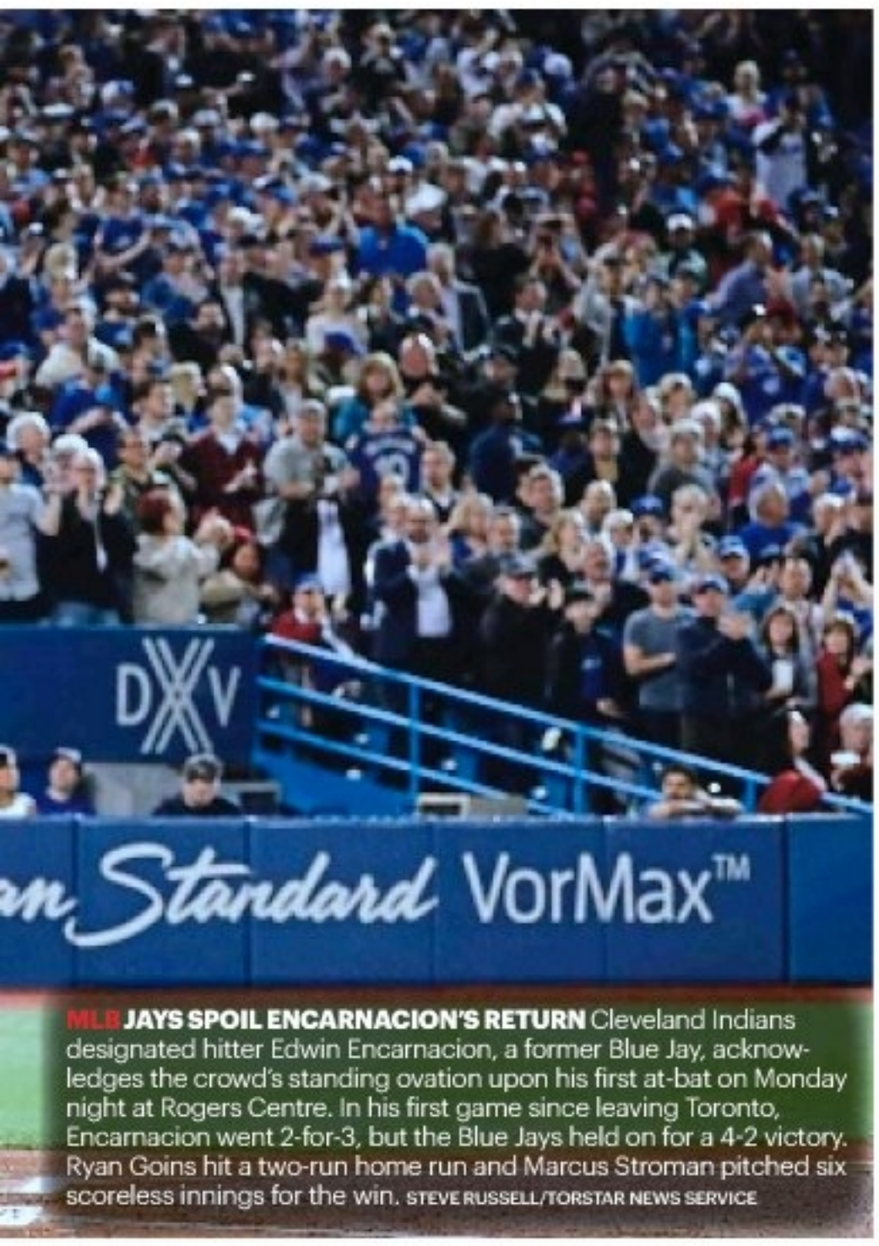

MLB JAYS SPOIL ENCARNACION'S RETURN Cleveland Indians designated hitter Edwin Encarnacion, a former Blue Jay, acknowledges the crowd's standing ovation upon his first at-bat on Monday night at Rogers Centre. In his first game since leaving Toronto, Encarnacion went 2-for-3, but the Blue Jays held on for a 4-2 victory. Ryan Goins hit a two-run home run and Marcus Stroman pitched six scoreless innings for the win. STEVE RUSSELL/TORSTAR NEWS SERVICE

Chelsea a win away from winning title

PREMIER LEAGUE

Middlesbrough all but relegated as Conte's men put 3 past Guzan

Chelsea is one more win away from taking the English Premier League title after beating Middlesbrough 3-0 on Monday.

The Blues have the chance to claim their second league title in three seasons when they face West Brom on Friday. They moved seven points clear of second-place Tottenham, and all but consigned Middlesbrough to relegation.

Middlesbrough needs a miracle, as it trails Hull by six points with just two games remaining for both sides, and Hull's goal difference was superior by 12.

Having seen Tottenham falter on Friday with defeat at West Ham, Chelsea set about taking advantage of the opportunity to extend its lead immediately.

Chelsea's Marcos Alonso knocks in Chelsea's second goal against Middlesbrough at Stamford Bridge on Monday.
MICHAEL STEELE/GETTY IMAGES

Goals came from Diego Costa, Marcos Alonso, and Nemanja Matic in an attack masterfully orchestrated by Cesc Fabregas at Stamford Bridge.

Twice in the opening seven minutes, Fabregas played spectacular diagonal passes to Alonso, who first volleyed onto the crossbar and then agonizingly across goal from the left.

Middlesbrough failed to heed the warning as it continued to allow Fabregas far too much space to operate, and was punished in the 23rd.

Fabregas picked out a more reliable finisher in Costa with another inch-perfect pass, the striker slotting calmly through Brad Guzan's legs to equal his best league tally with his 20th of the season.

Cesar Azpilicueta did his best imitation of Fabregas as he found Alonso at the back post to direct his volley past Guzan in the 34th.

Fabregas switched the angle of Chelsea's attack to play in Victor Moses on the other flank, with only a fine Guzan save preventing a third goal before the break.

The onslaught continued after halftime as Pedro's driven effort hit the crossbar, and the relentless Alonso shot wide once more. Middlesbrough's resistance and any doubt over the result was ended in the 65th when Matic chested down Fabregas' cross and shot low past Guzan to make it 3-0.
THE ASSOCIATED PRESS

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Your favourite spots in Calgary

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Country Hills Collision
Dent Clinic
Uber Autobody
Woodridge Ford Lincoln
Shaganappi GM

BEST AUTO SERVICE CENTRE
Auto Select
North Hill Auto Service
Canadian Tire
Shaganappi GM
Southwest Auto Service
Continental Auto
Canyon Meadows Auto
Allmakes Auto Repairs
Calgary Automotice Repair Services (C.A.R.S.)
Advantage Ford
RC Automotive Services
Integra Tire

BEST CAR WASH
Harpers Carwash In Douglasdale
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Bowness Car Wash
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METRO CALGARY COMMUNITY CHOICE

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Check out the list of nominees and get ready to cast your vote

Blackfoot Motosports
Rocky Mountain Honda
Redline Motorsports

BEST RV DEALERSHIP
Affordable RV
Canadream RV Sales & Rentals
Fraser Way RV
Rangeland RV
Woody's RV
Guarantee RV
Canadian Leisure RV
Western RV
Bucars RV
High River Autoplex & RV
Field Of RV Dreams
Traveland RV, Airdrie

BEST TIRE SHOP
Urban Expressions Wheel & Tire
Country Tire Automotive
Harper's Tire
Kal Tire
Canadian Tire
Blaskin & Lane
Tirecraft
Poorboy Tire
Ward Tires
Tire Pirates
Integra Tire
The Car Salon Group of Companies

Business or service

BEST BANK / CREDIT UNION
TD Canada Trust
Royal Bank of Canada
Alberta Treasury Branch
CIBC Alberta
BMO Bank of Montreal
First Calgary
Scotiabank
Servus
Tangerine
Canadian Western Bank

BEST BARBER SHOP
Social Cut & Shave
The Tip Top Barbershop
Johnny's Barber & Shop
Chin Whiskey Shearing & Shaving
Cannibale Barbershop & Cocktails
Tommy Gun's
South Trail Crossing Barbershop
Best Of Seven Barbers
Hedkandi Salon
Kent Of Inglewood
Razor's Edge Barber Shop
Marda Loop Barbershop

BEST CATERING COMPANY
Butterfan Catering
Indulge Catering
An Affair To Remember
Distinctive Catering
Simply Elegant
Jane Bond Catering
Great Events Catering
A Certain Flair Catering
Sorrenti's
Hotel Arts
Alpine Catering
Yummi Yogis

BEST CHARITY / NON-PROFIT ORGANIZATION
AARCs Alberta Animal Rescue Crew
Alberta Spay Neuter Task Force
Pawsitive Match Rescue Foundation
Between Friends
Wellspring Calgary
Calgary Food Bank
ALS Society Of Alberta
United Way
Animal Rescue Foundation (Calgary)
Breaking Free Foundation
Calgary Women's Centre
Fur-Ever Homes Rescue

BEST DANCE STUDIO
Fox Dance Company
Dance With France
Summit School Of Dance
Decidedly Jazz Danceworks
Absolute Dance Studio
Premiere Dance Academy
Alive Danceworks
Ultimate Dance Co.
Alberta Danceport
Pulse Studio
Pure Motion Dance Company
Boundless Dance Studio

BEST DOG DAYCARE
Sleep Rover
Muttley Crue
Dogaholics
Doggin-It Daycare
Kayenna Kennels Inc.
Chasin' Tails
Paws Dog Daycare
17TH Avenue Canine Social Club
Dogma Training and Pet Services
Country Club Pet Resort
BowDog Canine Specialists
Dogwit Training

BEST FITNESS CLUB / HEALTH CLUB
The Riverside Club
Urban Athlete Fitness Studio
Anytime Fitness
Goodlife Fitness
YMCA
World Health Club
Stax Cycle Club
Fit4less
Kensington Fitness
Spalady
Genesis Centre
Gold's Gym

BEST FLORIST
Red Rose Florist
Kensington Florist
Amborella Floral Studio
Calgary Co-Op
Philip Chong Flower Bar
White's Flowers
Charlotte's Web
Funky Petals
Panda Flowers
Dee Vine Petals
Midnapore Flower Magic
The Tree House Flower, Plant & Gift Shop

BEST HAIR RESTORATION
Hair Restoration Services
Hair Rejuvenation Institute Of Calgary (now known as Hair Restoration Institute at Sante Medical)
Gillespie Clinic
Dubrule Hair Restoration Centre
Nardella Clinic
Hair Club Calgary
Rocky Mountain Clinic
Sir 101
Fresh Laser

BEST HAIR SALON
Textür Salon
Hedkandi Salon
Volume Beauty Bar
Diva Hair Salon
RedBloom Salon
Lather Hair Salon
Lavish Salon
Lolitas Hair Studio
Hennessey Salon Spa
Swizzlesticks Salon Spa
Salon Fli
Chatters Canada Limited

BEST MASSAGE CLINIC
Mama Massage
Stillwater Spa
Exige Medi Spa
Sweet Pea Wellness
Swizzlesticks Salon Spa
The Centre Spa & Wellness
Inner Balance Spa
Green Leaf Health Centre
Spa Ritual
Oasis Wellness Centre & Spa
Energize Health
Le Soleil Spa

BEST OPTICAL STORE
Brass Monocle
Sol Optix
Optiko Eyewear Ltd.
Fyidoctors Calgary
Blink Eyewear
Chinook Optical
Hakim Optical
X Sighting
Mission Eye Care
Big M Optical
Calgary Optical

BEST PET GROOMER
The Calm Cat
Sheena's Pet Services
Bark & Feathers
A Royal Touch Pooch Parlour
Dogaholics
Muttley Crue
Brilliant Best Friends
Hair Of The Dog
Atomic Dog
Paws Dog Daycare
The Wag Inc
Poooh Busters

BEST POST-SECONDARY EDUCATION INSTITUTION
Mount Royal University
University Of Calgary
SAIT Polytechnic
Robertson College
Abes
Alberta College of Art & Design
Bow Valley College
St. Mary's University
Columbia College
Athabasca University
Academy of Learning
Chinook Learning Services

BEST SPA / ESTHETIC SERVICES
Stillwater Spa
Babor Beauty Spa
RnR Wellness The Spa
Exige Medi Spa
Frilly Lilly
Riverside Spa
Spa Ritual
Victoire Esthetics
Oasis Wellness Centre & Spa
Noori's Salon
Swizzlesticks Salon Spa

BEST TATTOO STUDIO
The Arthouse Inc.
Eternal Image Tattoo
Deadly Tattoos
Bushido Tattoo
Human Kanvas
Immaculate Concept
Blackbird Electric Tattoo
Smiling Budha
Gypsy Rose
Strange World
Enso Tattoo
The Old Crow Tattoo Parlour

BEST VETERINARY CLINIC
Vets To Go
Dekens Housecall Veterinary Services
Silverado Veterinary Hospital
Crowfoot Veterinary Hospital
Fish Creek 24 Hour Pet Hospital
Barlow Trail Animal Hospital
Macleod Trail Animal Hospital
Animal Clinic Calgary

METRO CALGARY COMMUNITY CHOICE

Check out the list of nominees and get ready to cast your vote

17TH Avenue Animal Hospital
Glamorgan Animal Clinic
Calgary North Veterinary Hospital
Canine Companion Clinic

BEST YOGA STUDIO
Bodhi Tree Yoga Centre
Yoga Shala Calgary
Yoga Passage
Yoga Mandala
Yoga Sarana
The Yoga Shala
Hotshop Yoga and Spin
Yoga Santosha
Breathe Hot Yoga
The Yoga Studio
Yoga and Beyond
Hot Yoga On 17th

Entertainment

BEST CASINO
Century Downs Racetrack and Casino
Century Casino Calgary
Grey Eagle Casino
Deerfoot Inn & Casino
Elbow River Casino
Cash Casino
Casino Calgary
Cowboys Casino

BEST FAMILY FUN SPOT
Calgary Corn Maze
Calaway Park
Heritage Park
Calgary Zoo
Telus Spark Science Centre
Spruce Meadows
Shakers Fun Centre
Pips Board Game Cafe
Monster Mini Golf
Flying Squirrel
Calgary Stampede
Level 1 Escape

BEST FESTIVAL
Calgary Folk Fest
Beakerhead
Taste Of Calgary
Calgary Stampede
Lilac Festival
Global Fest
Calgary Pride Festival
Big Taste Festival
Sled Island Festival
Circle The Wagons
Calgary International Film Festival
Expo Latino

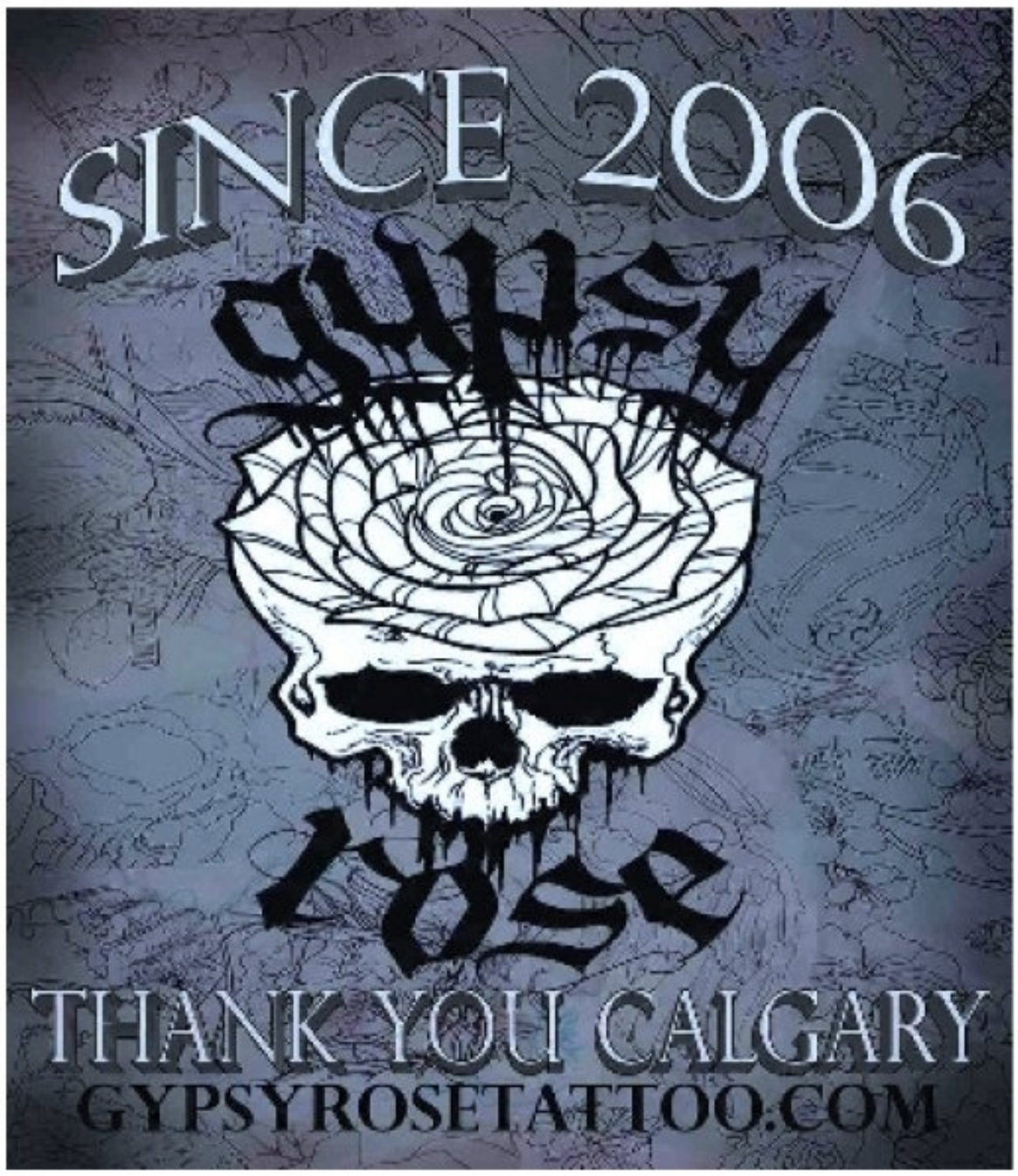
BEST GOLF COURSE
Heritage Pointe Golf Course
Silvertip Golf
Blue Devil Golf Course
The Links Of Gleneagles
The Hamptons Golf Club
D'Arcy Ranch Golf Club
Speargrass
Inglewood Golf & Country Club
Redwood Meadows Golf & Country Club
Valley Ridge Golf Club
Woodside Golf Course
Boulder Creek Golf Course

BEST LIVE MUSIC VENUE
Commonwealth Bar & Stage
Macewan Hall & Ballroom
Grey Eagle Casino
Mikey's Juke Joint
Jack Singer Concert Hall
Ironwood Stage & Grill
The Hifi Club
The Blues Can
Dickens Pub
The Palomino Smokehouse
Wine-Ohs
Ship & Anchor

BEST LIVE THEATRE
Jubilations Dinner Theatre
Vertigo Theatre
Stage West
Pumphouse Theatre
Alberta Theater Projects
Theatre Calgary
Storybook Theatre Society
Morpheus Theatre
Front Row Centre Players Society
Lunchbox Theatre

BEST LOCAL TOURIST ATTRACTION
Heritage Park
Calaway Park
Calgary Zoo
Aero Space Museum Of Calgary
Calgary Stampede
Century Downs Racetrack and Casino
Glenbow Museum
Telus Spark Science Centre
Fish Creek Provincial Park
Calgary Tower
WinSport Canada
Fort Calgary

BEST NIGHT CLUB
Habitat
Commonwealth Bar & Stage
The Hifi Club
Ranchman's



PLEASE VOTE FOR US CALGARY, THANK YOU

YOUR INDEPENDENT
SUBARU SERVICE CENTRE

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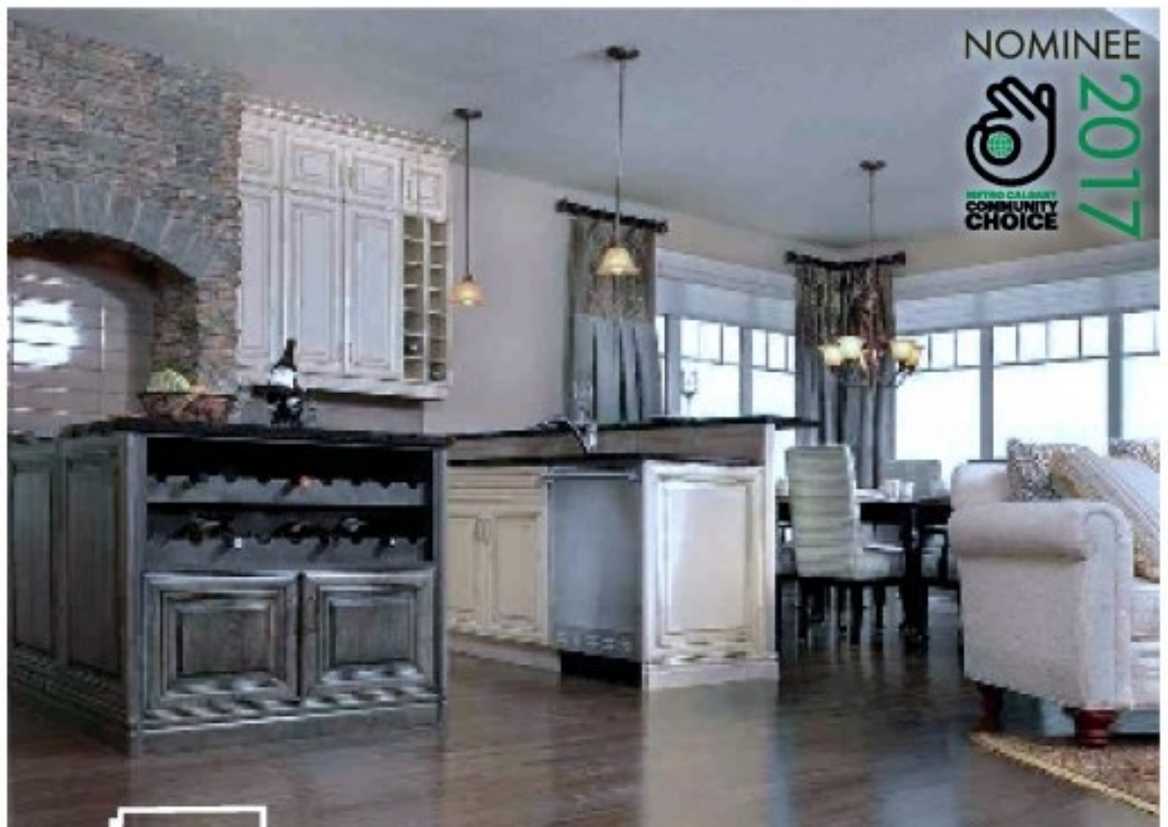

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& Best natural
food Store

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2017 COMMUNITY CHOICE AWARDS

THANK YOU
for nominating us as
YOUR TOP 10 FAVOURITE
businesses/services

Best Grocery Store • Best Children's Clothing Store • Best Gardening Centre

JOE FRESH

President's Choice

We Match Prices So You Can Just Shop

Guaranteed Lowest Prices

Every week, we actively check our major competitors' flyers and match the price on hundreds of items.

Look for the Ad Match message in store for the items we've actively matched. Plus, we'll match any major competitor's flyer item if you show us!

REAL CANADIAN Superstore
big on fresh, low on price.

Check out the list of nominees

Food & Drink

BEST ASIAN RESTAURANT
Cafe 100%
Szechuan Restaurant
Silver Dragon
Anju Restaurant and Lounge
Shiki Menya
White Elephant Cuisine
Thai Sa-On
Khao San Thai Kitchen
Heart's Choices Vegan Cafe
Shikiji
Buddha's Veggie
Hawkwood Palace

BEST BAKERY
Calgary Italian Bakery
Glamorgan Bakery
Heritage Park
Cobs Bread
La Boulangerie Bakery Cafe
Sidewalk Citizen Bakery
Brulee Patisserie
Yann Haute
Corbeaux Bakehouse
Calgary Co-Op
Sunterra Market
Ollia Macarons & Tea

BEST BBQ RESTAURANT
Charbar
Big T's
Holy Smoke BBQ
The Palomino Smokehouse
Hayden Block
Pampa Brazilian Steakhouse
Jane Bond
Bookers
Twisted Element
Dickens Pub
Nite Owl
Broken City
The Palomino Smokehouse
Cowboys
Bamboo Tiki Lounge
Standard YYC
Gaucho Brazilian Barbecue
Charcut Roast House
Safari Grill
Jojo's BBQ

BEST BREAKFAST SPOT
Sonoma On 9th
The Fine Diner Bistro
Diner Deluxe
OEB
Cora's
Galaxie Diner
Belmont Diner
Pfanntastic Pannenkoek Haus
Blue Star Diner
Red's Diner
Vendome Cafe
Monki

BEST BREW PUB / BEER MARKET
Wild Rose Brewery
Mill Street Brew Pub
Craft Beer Market
National Beer Hall
Wurst Restaurant & Beer Hall
Last Best Brewing & Distilling
Brewsters
Beer Revolution
Marquee Beer Market & Stage
Minhas
Original Joe's
Bottlescrew Bill's

BEST BRUNCH
Heritage Park
Yellow Door Bistro
Diner Deluxe
Blue Star Diner
River Cafe
The Lake House
Bow Valley Ranche Restaurant
The Fine Diner Bistro
The Beltliner
Holy Grill
Notable
OEB

BEST COFFEE SHOP
Higher Ground
Phil & Sebastian Coffee Roasters
Rosso Coffee Roasters
Caffe Beano
Vendome Cafe
Analog Coffee
Monogram Coffee Co
Waves Coffee House
Cornerstone Music Cafe
Gravity Espresso & Wine Bar
Coffee Cats
Cafe Fresco

BEST DESSERT
Fiasco Gelato
Decadent Desserts
Village Ice Cream
Crave Cookies & Cupcakes
Yann Haute
Bliss & Co. Cupcakes and Desserts
Amato Gelato
Sugar Shack Cakes & Pastries
Burnt To Order
Scopa
Yamato Dessert Cafe
Sunterra Market

BEST FOOD TRUCK
Wilk's Booth
The Tea Wagon
Taiko Taco
Waffles N Chix
Fiasco Gelato
Perogy Boyz
Bento Burrito
Red Wagon Diner
The Dumpling Hero
Cheezy Bizness
Jane Bond
The Purple Pastry Chef

BEST GREEK RESTAURANT
GreekTown
Calypso's Greek Taverna
Santorini Greek Taverna
Kuzina
Paros On Main
Plaka Greek Taverna

BEST FRENCH RESTAURANT
Fleur de Sel Brasserie

and get ready to cast your vote

Rouge
Velo Cafe
Cassis Bistro
La Chaumiere
Q Houte Cuisine

BEST GROCERY STORE
Calgary Co-Op
Basha Foods International
Safeway Canada Ltd
Sunterra Market
Community Natural Foods
Real Canadian Superstore
Save On Foods
T&T Supermarket Inc
Sobeys
Blush Lane Organic Market
Lina's Italian Market
Sunnyside Natural Market

BEST HAMBURGER
Burger 320
Boogie's Burgers
Clive Burger
Peter's Drive-In
Briggs Kitchen + Bar
Dragon's Lair Burger Co.
Flipp'N Burgers
Blue Star Diner
Buchanan's
Naina's Kitchen
Native Tongues Taqueria
Five Guys Burgers & Fries

BEST ICE CREAM / GELATO / FROZEN YOGURT STORE
Fiasco Gelato
Village Ice Cream
Menchies
Lics - Leavitt's Ice Cream Shop
Amato Gelato
My Favorite Ice Cream Shoppe
Made By Marcus
Peter's Drive-In
Tutti Frutti
Rita's Italian Ice

BEST INDIAN RESTAURANT
JPs Indian Bistro
Tamarind East Indian Restaurant
Mirchi
Rajdoot Restaurant
Namskar
Karma Fine Indian Cuisine
Mango Shiva
Moti Mahal
Clay Oven
Taj Mahal Restaurant
Chennai Spice
India Palace

BEST ITALIAN RESTAURANT
Sugo Trattoria
Bonterra Trattoria
Scopa
Teatro
Mercato
Una Pizza & Wine
Rea's Italian Cuisine
La Vita E Bella
Villa Firenze
Cibo Calgary
Chianti Cafe & Restaurant
Toscana Italian Grill

BEST LATIN RESTAURANT
Anejo Restaurant
Native Tongues Taqueria
Los Chilitos
La Vida Loca
El Charrito Taqueria
Blanco Cantina
Village Cantina
Pampa Brazilian Steakhouse
Gaucho Brazilian Barbecue
Bolero
Salt and Pepper
Tu Tierra

BEST LIQUOR STORE
Kensington Liquor Cellar
Calgary Co-Op
Solo Liquor
Willow Park Wines & Spirits
Olympia Liquor
Crowfoot Wine & Spirits
Real Canadian Liquor Store
Liquor Depot
Craft Cellars
Vine Arts Wine and Spirits
Vin Room
Highlander Liquor Store

BEST NATURAL FOOD STORE
Community Natural Foods
Basha Foods International
Market 17
Blush Lane Organic Market
Planet Organic
Sunterra Market
Amaranth Whole Foods Market
Calgary Co-Op
Morning Sun Health Foods
Sunnyside Natural Market
Willow Natural Foods

BEST OUTDOOR PATIO
Cilantro
Raw Bar At Hotel Arts
Cannibale Barbershop & Cocktails
Cibo Calgary
Wild Rose Brewery
Lot 102
Last Best Brewing & Distilling
Ship & Anchor
The Lake House
River Cafe
1410 World Bier House
Tommy Fields

METRO CALGARY COMMUNITY CHOICE

CANADA'S AUTOMOTIVE STORE™
THANK YOU Calgary
FOR NOMINATING US AS YOUR
Your favourite!
FOR THE BEST!
BICYCLE SHOP, GARDENING CENTRE, TIRE SHOP,
SPORTING GOODS STORE & BEST AUTO SERVICE CENTRE

SPRING TIRE CHANGEOVER!
See your local store for pricing.
WE SERVICE ALL MAKES & MODELS!
WE'LL CHECK
✓ Tire pressure
✓ Tire condition
✓ Brakes[1]
✓ Alignment[1] and more
COLLECT CANADIAN TIRE MONEY ON AUTO SERVICE PARTS & LABOUR
[1] Visual inspection only
CANADA'S GARAGE Appointments are recommended, but not necessary.

CANADIAN TIRE
LOCALLY OWNED • LOCALLY OPERATED • LOCALLY FOCUSED
Macleod Trail 403.278.3800
McKenzie Towne 403.257.5914
Pacific Place 403.248.4166
Deerfoot 403.295.2407
Dalhousie 403.288.1101
Shawnessy 403.201.3377
Westhills 403.246.1974
Country Hills NE 403.226.9555
Beacon Hill 403.456.6428

Check out the list of nominees and get ready to cast your vote

BEST OVERALL RESTAURANT
Pigeonhole
Model Milk
Notable
Charbar
Rouge
The Nash
Charcut Roast House
The Lake House
Bow Valley Ranche Restaurant
Selkirk Grill At Heritage Park
River Cafe
The Coup

BEST PIZZA
Una Pizza & Wine
Pulcinella
Posto Pizzeria & Bar
Brooklyn Pizzeria & Tapas
Without Papers
Gaga Pizza
Blaze
Double Zero Pizza
Atlas Pizza Sports Bar
Famoso Pizzaria
Matador Pizza
Tenth Street Landing Gastro-pub

BEST PUB
Ship & Anchor
Kensington Pub
Newcastle Pub
Local 510
The James Joyce Irish Pub
Hop In Brew
Drum & Monkey Pub
Rose and Crown
Tenth Street Landing Gastro-pub
Cat and Fiddle Pub
The Garrison Pub & Eatery
Bear and Kilt

BEST SEAFOOD RESTAURANT
Bookers BBQ & Crab Shack
Big Fish
Rodneys Oyster House
Catch & the Oyster Bar
Modern Steak
Pelican Pier
Embarcadero Wine & Oyster Bar
Oceana
Mercato
Kingfisher

BEST STEAK RESTAURANT / CHOPHOUSE
Notable
Modern Steak
Vintage Chophouse
Wellington's Of Calgary
Caesar's Steak House
Pampa Brazilian Steakhouse
The Nash
Charcut Roast House
Chop Steakhouse and Bar
Smugglers Inn
The Keg
Ruth's Chris

BEST SUSHI RESTAURANT
Sushi Bar Zipang
Kinjo Sushi
Sho Sushi
Gora + Gun
Red Ember Japanese Cuisine
Kabuku
Big Catch
Nami Sushi & Grill
Globefish
Tenshi Sushi
Hana Sushi
Sushi Hiro

BEST WINE STORE
Willow Park Wines & Spirits
Calgary Co-Op
Metrovino
The Cellar Wine Store
Bin 905
Vine Arts Wine and Spirits
Craft Cellars
Real Canadian Liquor Store
Kensington Wine Market
Highlander Liquor Store
Zyn The Wine Market
J Webb

BEST WINGS
Regal Beagle
Kilkenny Irish Pub
Beer Revolution
Wurst Restaurant & Beer Hall
The Kilt & Caber
Bubblemania Cafe
Mug Shotz
Original Joe's
Dixon`S Public House
Tenth Street Landing Gastro-pub
Buffalo Wild Wings
Hose and Hound Neighbour-hood Pub

Home & Condo

BEST APPLIANCE STORE
Bestway Television & Appliance
Trail Appliances
Bowest Appliances
Atlas Appliances
Castle Appliances
Jerome's Appliance Gallery
Home Depot
Rocky Mountain Pools & Spas

METRO CALGARY COMMUNITY CHOICE

REALTOR®

CHRISTINE HOURD

"I'm fortunate to help many wonderful people with their homes and you've humbled me with your support. Thank you!

Working with my clients and seeing how happy they are to walk through the door of their new home, or sticking on that sold sign, makes my job so very rewarding. I look forward to helping many more people with their next move."

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- FITNESS CLASSES
- GROUP EVENTS
- NEON LIGHTS NIGHTS
- TODDLER TIME

Check out the list of nominees and get ready to cast your vote

Coast Wholesales Appliances
The Brick
Vantage Appliances

BEST ESTABLISHED COMMUNITY
Bridgeland
Lakeview
McKenzie Towne
Inglewood
Willow Park
Lake Bonavista
Brentwood
Mission
Kensington
Parkdale
Tuscany
Canyon Meadows

BEST FLOORING STORE
Westvalley Carpet & Flooring
All Floors
Alberta Hardwood Flooring
Calgary Flooring Designs
Century Carpet One
Siena Flooring Inc
End Of The Roll
Nu-Way Floor Fashions
Divine Flooring
CDL Carpet & Floor Centre
Mint Floor Coverings
Timbertown Building Materials

BEST FURNITURE STORE
La-Z-Boy Home Furnishings & Décor
Revolve Furnishings
Ikea
Crave Furniture Ltd.
EQ3
Structube
Home Evolution
Sojourn Home Furnishings
Leons
Kit Interior Objects
Bondars
XLNC Furniture

BEST LIGHTING STORE
Ikea
Carrington Lighting
Calgary Lighting Products
Cartwright Lighting
The Lighting Centre
Rona
Signature Lighting
Home Depot
Dhillon Lighting
Canadian Tire
Lowes

BEST MATTRESS STORE
Sleep Country
Ikea
Black Sheep Mattress Company
Mattress Mattress
Mattresses For Less
The Brick
Sleep Boutique
Dormir Bed and Foam
Leons
The Mattress & Sleep Company

BEST MOVING COMPANY
TSM Moving
Super Duper Movers
Super Powers Inc.
Two Small Men With Big Hearts
Two Amigos Moving
Calgary Professional Movers
Jay's Moving & Storage
Darwin's Moving & Deliveries
Home To Home Movers
You Move Me
Tippet - Richardson Moving & Storage

BEST NEW COMMUNITY
Mahogany
Cornerstone
Evanston
Walden
Legacy
Auburn Bay
Redstone
Sherwood
Seton
Heritage Pointe
Saddlestone
Harmony

BEST NEW CONDOMINIUM BUILDER
Partners Development Group
Jayman
Cardel Lifestyles
Slokker
Homes by Avi Urban
Shane Homes Ltd
Streetside Development Corporation
Trico Homes
Truman Homes
Gabelcraft Homes
Calbridge Homes
Baywest Homes

BEST NEW HOME BUILDER
Mattamy Homes
Stepper Custom Homes Inc
Jayman Homes
Genesis Builder Group
Homes By Avi
Excel Homes
Morrison Homes
Sterling Homes
Shane Homes Ltd

Check out the list of nominees and get ready to cast your vote

Trico Homes
Cedarglen Homes
Cardel Homes

BEST REALTOR
Christine Hourd - Royal Lepage Benchmark
Brandon Leys CIR Realty
Ron Sawchuk - Re/Max First
Shawn Riley - Re/Max House of Real Estate
Sharon Abrahamson
Jordy Huntrods - Royal Lepage Solutions
Amelia Dela Torre
Travis Munroe - Remax Real Estate Central
Tom Styles - Remax Real Estate Mountain View
Joel Gwillim
Travis Copp - Remax Real Estate Landen
Kirby Cox Associates

BEST ROOFING COMPANY
Sunik Roofing
Big Top Roofing and Exteriors
National Star Roofing
A. Clark Roofing & Siding
Meerkat Roofing
Epic Roofing & Exteriors Ltd.
Done Right Roofing
The Roof Hospital
Calgary Elite Roofing
Century Roofing
PDQ Roofing
Hubbard Roofing

BEST WINDOWS & DOORS STORE
Supreme Windows
Max-Green Windows & Doors LTD
Ply Gem Windows & Doors
Gienow Windows & Doors
Lux Window & Glass Ltd
Old West Windows & Doors
EuroStar Windows and Doors
Western Windows
Greg Martineau Projects
Jeld-Wen Windows & Doors
Window & Door Guys

Shopping

BEST BICYCLE SHOP
The Good Life Community Bike Shop
The Bike Shop
B & P Cycle & Sports
Calgary Cycle
Bow Cycle
Canadian Tire
Alberta Bike Swap
The Cyclepath
Bike Bike
Ridley's Cycle
Lifesport
Eurotech Cycle

BEST BRIDAL SHOP
Blissful Bridal
Durand Bridal
The Bridal Centre
Cameo & Cufflinks
Etho's Bridal Group
David's Bridal
Beautiful Bride
The Bridal Boutique
S2 Bride
Jessica & Belle Rykiss Bridal

BEST CHILDREN'S CLOTHING STORE
Kacz Kids
Little Footprints
The Childrens Place
Once Upon A Child
Real Canadian Superstore
Purr Petite
Purplesaurus
Child At Heart
Carter's
Twice Bearly

BEST CONSIGNMENT STORE
SalvEdge Boutique
Feisty Consignment
Danielle's Consignment Boutique
Vespucci
Peacock Boutique
Trend Fashions
Solid Second Hand Shoppes
The Clothing Bar Boutique
Moda Consignment
Expressions

BEST GARDENING CENTRE
Spruce It Up
Blue Grass Nursery
Canadian Tire
Sunnyside
Real Canadian Superstore
Greengate Garden Centre
Lowes
Home Depot
Golden Acre Garden Sentre
Cobblestone Home & Garden

BEST HOBBY STORE
Action Hobby Canada Ltd.
Phoenix Comics
PM Hobbycraft
Comic-Kazi
Model Land
Chinook & Hobby West
Kensington Art Supplies
Sentry Box
Don's Hobby Shop
Michael's
The Camera Store

BEST JEWELLERY STORE
J. Vair Anderson
Calgary Jewellery
Spence Diamonds
Tiffany's
Jewels By Maxime's
Breslauer & Warren Jewellers
Michael Hill
Anthony Jewellers
Troy Shoppe Jewellers
Birks Jewellers
Bow Valley Jewellers
Fleetwood Jewellery

BEST LINGERIE SHOP
Knickers N Lace
Crimson Lingerie
Thee Lingerie Shoppe
Victoria's Secret
La Senza
Pink Ginger
Bratopia
La Vie En Rose
SHE Lingerie
Pink

BEST MEN'S CLOTHING STORE
H & M
Supreme Men's Wear
Espy Experience Inc.
O'Connors
Forman's Menswear
Mark's
Brooklyn Clothing Co.
Harry Rosen Men's Wear
Thomas Jeffery Men's Wear
Underground Clothing
Henry Singer Men's Wear
Frank + Oak

BEST MUSIC STORE
Long & McQuade
Guitarworks
Sak's Music
Recordland
St. John's Music
Axe Music
Music Centre Canada
Kickaxe Guitars
Freteleven Pro Guitar Shop
Michael Lipnicki Fine Pianos

BEST PET SHOP
Unleashed
Petland
Pisces Pet Store
Paws Pet Food and Accessories
Tail Blazers Health Food Store
For Pets
Pet Smart
Pet Planet
Fairplay Pet Supplies
Petvalu
No Bowndaries Pet World
Urbandogmarket
Especially For Pets

BEST SHOE STORE
Arnold Churgin
Gravity Pope
Luna Blue Shoes
Steve Madden
John Fluevog
Alberta Boot Company
The Shoe Company
Footlocker
Vans
Payless
Less 17

BEST SPORTING GOODS STORE
Canadian Tire
Mountain Equipment Co-op
Sport Check
Play It Again Sports
Bass Pro Shops
Adrenalin Source For Sports
Tuxedo Source For Sports
Wholesale Sports Outdoor Outfitters
Cabela's Calgary
Sporting Life

BEST TOY STORE
Mastermind Toys
The Discovery Hut
Livingston & Cavell
Castle Toys
Toys R Us
Kacz Kids
The Lego Store
PM Hobbycraft
The Vanishing Rabbit Magic Shop
Walmart

BEST WOMEN'S CLOTHING STORE
H & M
Blame Betty
Winners
Aritzia
Lululemon
Espy Experience Inc.
Purr
Adorn Boutique
Mark's
Nordstrom
Blu's
SalvEdge Boutique

METRO CALGARY COMMUNITY CHOICE

MAKE IT TONIGHT

Zesty Grilled Corn and Green Bean Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This year-round salad is a satisfying reminder of summer flavors with generous bites of sweet corn.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves: 4

Ingredients
- 1/4 cup extra virgin olive oil
- 3 tablespoons rice wine vinegar
- salt and pepper
- 4 ears of sweet corn, grilled or 2 cups frozen corn, cooked
- 1 pound green beans, blanched and cooled
- 1 red pepper, diced
- 1/2 red onion, thinly sliced
- 1/4 cup feta cheese

Directions

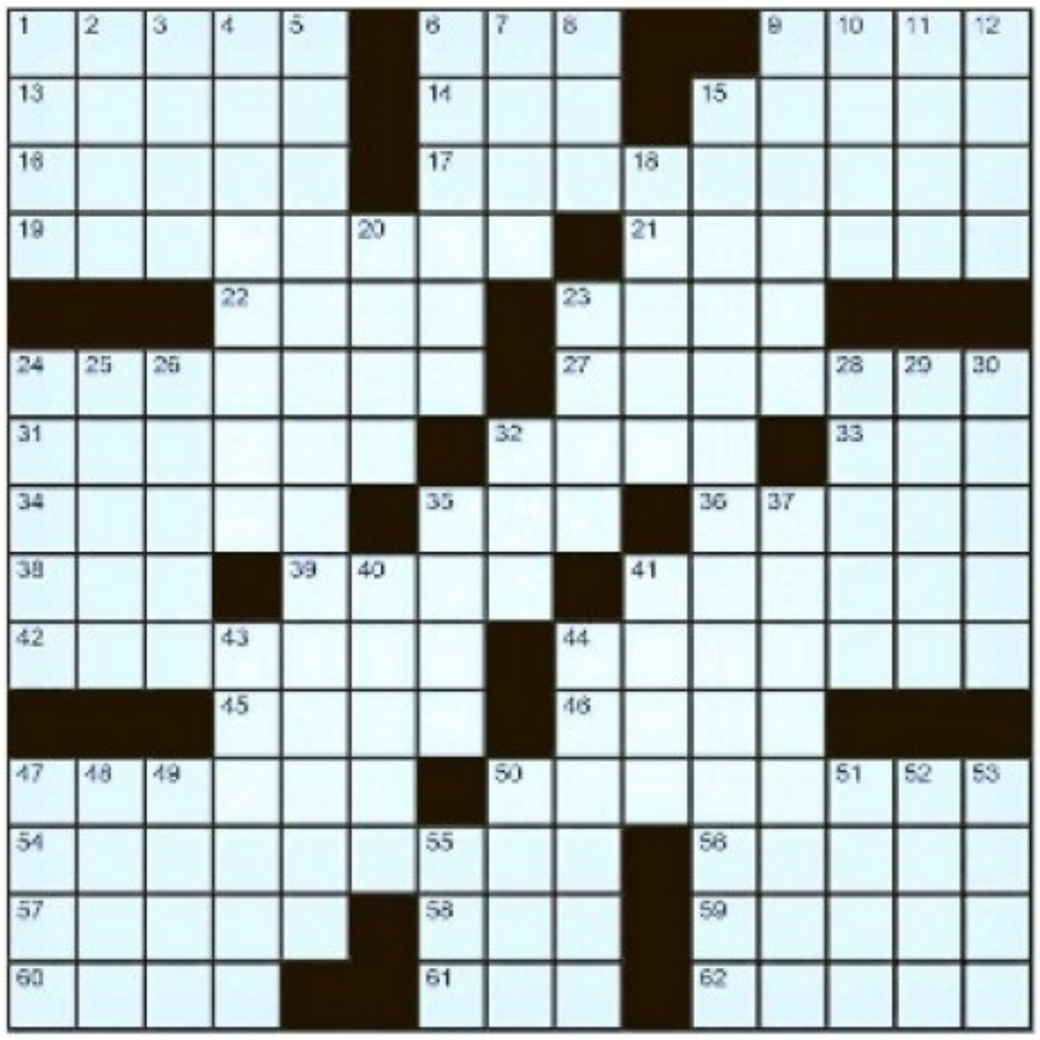
1. Prepare vinaigrette by whisking together oil and vinegar with salt and pepper. Set aside.

2. Cut corn kernels from cob and chill. In the meantime, put beans, red onion, red pepper and feta in a large bowl. Add corn and then drizzle with vinaigrette and toss. Sprinkle top with feta and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Discard
6. Fortify
9. Lettuce variety
13. Actor Peter O'Who?
14. Romance
15. Free: French
16. Buzzing
17. "So sorry."
19. Friend to Melba Toast: 2 wds.
21. Commencement
22. Egyptian river
23. Triad
24. Wagon train, for example
27. Book a table
31. Mazda models
32. Pedestal
33. __-en-Provence, France
34. Bay window
35. Limo passenger
36. Nero's 1951
38. Canadian cap.
39. "Downton Abbey" job
41. Dr. William __ (Noted footcare specialist, b.1882 - d.1968)
42. "Zippo.": 3 wds.
44. BC-brewed beer
45. Sweet'__ (Sugar substitute)
46. Mideast chieftain
47. Baroque composer Mr. Albinoni
50. Tom Cochrane's Manitoba birthplace: 2 wds.
54. The Who's Tommy: 2 wds.
56. Negatives, in Hamburg
57. Composer Irving Berlin's writer wife
58. Just dandy
59. "And now, the __ __..." - Paul Anka, "My Way"
60. Hamilton-born ballet great Karen
61. Clinic pros
62. "Say __ __ the Dress"

DOWN
1. Hollywood headliner
2. Mozart opera, __ Fan Tutte
3. Campus mil. program
4. Extraterrestrially estrange
5. Honoured Member of Canada's Sports Hall of Fame killed in WWI in France at the age of 36. The Alouettes' home field is named in his honour: 2 wds.
6. Respond to the alarm clock
7. Anchor's attachment
8. Cow's call
9. Human's hallux: 2 wds.
10. Wading bird
11. Marcia's "Desperate Housewives" character
12. Greatest
15. Member of Canadian women's rights group The Famous Five: 2 wds.
18. Knowledgeable traditions
20. "Such a shame."
23. Pitfall
24. Wings hit: letter + wd.
25. __-__-surface missile
26. "Thing Called Love" singer Bonnie
28. 1925: Ben-Hur silent film portrayer Mr. Novarro (b.1899 - d.1968)
29. Montreal's Place __ Marie
30. Deport
32. Auction action
35. Opinion
37. Princess __ (Prince Albert of Monaco's wife)
40. Mr. Desai of "American Idol" Season 8 in 2009
41. 'Sleep'-meaning prefix
43. Vancouver-born actor Hayden Christensen's 'Star Wars' flicks role, __ Skywalker
44. Inuit crafts
47. Long journey
48. Dancer in "Return of the Jedi" (1983)
49. 1151 in ancient Rome
50. Scientology founder, _. __ Hubbard
51. Assists
52. Produce a pullover
53. 'Happy Motoring!' sloganeer
55. __-nose-throat doctor

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you can see new ways to make money. You might even see new uses for things you own, because you're in a resourceful frame of mind.

Taurus April 21 - May 21
Take a realistic look in the mirror to see what you can do to improve your appearance, because you can do this today. You might even see ways to improve your health.

Gemini May 22 - June 21
Any research you do will get results today, because you have the ability to see the subtext of things. Nothing will escape your X-ray vision.

Cancer June 22 - July 23
You might attract someone powerful today. This person might influence you to change your future goals. Possibly, you will influence someone else.

Leo July 24 - Aug. 23
You will have a strong footing in your relationships with parents, bosses and VIPs today. Have confidence in yourself; people will listen to what you have to say.

Virgo Aug. 24 - Sept. 23
You might see a new way of looking at something, particularly when discussing religious, political or racial issues. Your point of view can grow and mature today.

Libra Sept. 24 - Oct. 23
Trust your ability to come up with a better arrangement regarding shared property, inheritances, taxes or debt. You are so resourceful today.

Scorpio Oct. 24 - Nov. 22
Look for ways to improve your closest relationships and partnerships, because this is possible today. You will see ways to make improvements.

Sagittarius Nov. 23 - Dec. 21
Don't hesitate to make suggestions about introducing reform where you work. Likewise, today you might see a way to improve your health.

Capricorn Dec. 22 - Jan. 20
You are in a resourceful frame of mind today. You can apply this to any creative activity, especially involving the arts, music or sports, or even working with children.

Aquarius Jan. 21 - Feb. 19
Look around you and see what you can do to make improvements and repairs where you live. This is a good day to think about how to fix up your digs.

Pisces
Feb. 20 - March 20
Your powers of concentration are excellent today, which is why you can solve problems and see solutions that normally might be hidden from you. with others will be powerful.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	6			5				
1	7	9						8
	4		9	2				
8		6						2
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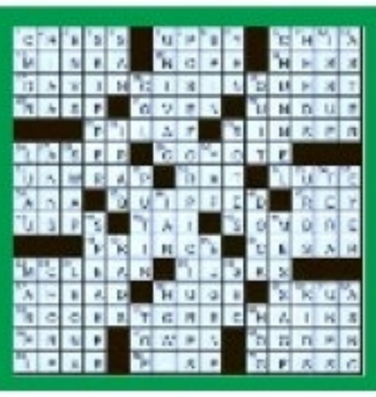
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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3	4	9	8	5	6	2	7	1
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9	7	5	2	6	8	3	1	4
2	6	4	9	3	1	5	8	7
4	9	2	3	1	5	7	6	8
5	8	1	6	7	2	4	9	3
6	3	7	4	8	9	1	5	2

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